

CLAIMS

1. A Ubiquinol-enriched oil/fat-containing food.
- 5 2. The oil/fat-containing food according to Claim 1, which further contains ubiquinone.
3. The oil/fat-containing food according to Claim 1 or 2,
- 10 wherein the ubiquinol/ubiquinone ratio is not less than 1/2 (by weight).
4. The oil/fat-containing food according to Claim 1, 2 or 3,
- 15 which has been enriched with ubiquinol and ubiquinone in a proportion of 0.0001 to 50% by weight as ubiquinone based on the total weight of the oil/fat-containing food.
5. The oil/fat-containing food according to Claim 1, 20 2, 3, or 4, wherein the oil/fat content is not less than 0.5% by weight.
6. The oil/fat-containing food according to Claim 1, 25 2, 3, 4 or 5, wherein the weight ratio of ubiquinol to oil/fat is not more than 1.
7. The oil/fat-containing food according to Claim 1, 30 2, 3, 4, 5 or 6, which is at least one species selected from the group consisting of edible oils/fats, milk, dairy products, sauces, breads, pies, cakes, confections, roux, seasoning liquors, ice confections, noodles, processed foods, boiled 35 rice preparations, jams, canned foods, and beverages.

8. The oil/fat-containing food according to Claim 1,
2, 3, 4, 5, 6 or 7,

5 which further contains an antioxidant and/or an
edible color.

9. The oil/fat-containing food according to Claim 8,
wherein the antioxidant and/or edible color is at
least one species selected from the group consisting of
10 ascorbyl palmitate, ascorbyl stearate, catechin, lecithin,
tocopherol, tocotrienol, lignan, and carotenoid.

10. The oil/fat-containing food according to Claim 1,
2, 3, 4, 5, 6, 7, 8 or 9,

15 which is a colorless or white to pale yellow food.

11. The oil/fat-containing food according to Claim
10,

20 wherein the colorless or white to pale yellow food is
at least one species selected from the group consisting of
edible oils/fats, milk, dairy products and beverages.

12. The oil/fat-containing food according to Claim 1,
2, 3, 4, 5, 6, 7, 8, 9, 10 or 11,

25 wherein the ubiquinol is an (all-E)-isomer.

13. The oil/fat-containing food according to Claim 1,
2, 3, 4, 5, 6, 7, 8, 9, 10, 11 or 12,

30 wherein the process for producing the ubiquinol is a
fermentation process.

14. A process for supplying ubiquinol
which comprises ingesting the oil/fat-containing food
according to any one of Claims 1 to 13.

15. A process for producing the oil/fat-containing food according to Claim 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13 or 14

5 which comprises adding ubiquinol together with an emulsifier and/or an oil/fat-containing food ingredient to a food material.

16. A process for producing the oil/fat-containing food according to Claim 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 10 12, 13, 14 or 15

which comprises adding ubiquinol having a purity in excess of 0.01%.

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